

Desperate for chizuk!!!

Posted by true\_self - 10 May 2023 19:58

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Hi everyone

Today was my worst day since I join GYE over 2 month ago

I'm highly disappointed with myself & cant believe that I did such an awful thing,

Right now I'm trying to get myself together & carry on but I'm having a hard time,

Can anyone relate to me right now?????

Waiting to get some positivity!!!

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Re: Desperate for chizuk!!!

Posted by Grant400 - 10 May 2023 20:32

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Welcome.

I've seen you post a few times. On other people's threads.

What about you? Who are you?

Not to be harsh, but just randomly posting a super vague post may help you feel better, but won't help you be better.

If someone just wants some fluff positivity poured on their wounds they can buy a bumper sticker. Meaningless words about sheva yipol and Hashem loves you, may do more harm than good.

Don't be a stranger and share your story, and the oilam here can help you go places.

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Re: Desperate for chizuk!!!  
Posted by true\_self - 10 May 2023 20:45

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I agree with what you wrote.

but in my case I'm b"h getting better & making progress, that's not the issue,

However I just felt very down today & was afraid that it might cause me to act out again, so I tried preventing it from happening by posting about how I feel.

?Thanks for paying attention to my post & btw I saw many of your posts & I love them

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Re: Desperate for chizuk!!!  
Posted by Grant400 - 10 May 2023 20:52

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[true\\_self wrote on 10 May 2023 20:45:](#)

I agree with what you wrote.

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However I just felt very down today & was afraid that it might cause me to act out again, so I tried preventing it from happening by posting about how I feel.

?Thanks for paying attention to my post & btw I saw many of your posts & I love them

I don't want to respond why I disagree with all the points you made, because you gave me a , so I'll let some of the amazing people here respond.

**Warning: Spoiler!**

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Re: Desperate for chizuk!!!

Posted by DavidT - 10 May 2023 20:59

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[true\\_self wrote on 10 May 2023 19:58:](#)

Hi everyone

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Right now I'm trying to get myself together & carry on but I'm having a hard time,

Can anyone relate to me right now?????

Waiting to get some positivity!!!

Let's try to turn it around and make it the best day since you're on GYE!

Instead of viewing your slip as a step backward, think of it as a progression on your road to recovery. Many people lapse or relapse, and if you think of each attempt at sobriety as a means of getting closer to your end goal — a lesson in your cumulative recovery learning, so to speak — this setback won't be in vain.

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Re: Desperate for chizuk!!!

Posted by true\_self - 11 May 2023 19:56

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[Grant400 wrote on 10 May 2023 20:52:](#)

I don't want to respond why I disagree with all the points you made, because you gave me a  
, so I'll let some of the amazing people here respond.

**Warning: Spoiler!**

Why not write why you disagree? after all we are here to learn from each other & to share our thoughts,

We can give compliments & disagree at the same time.

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Re: Desperate for chizuk!!!

Posted by true\_self - 11 May 2023 20:08

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[DavidT wrote on 10 May 2023 20:59:](#)

Let's try to turn it around and make it the best day since you're on GYE!

Instead of viewing your slip as a step backward, think of it as a progression on your road to recovery. Many people lapse or relapse, and if you think of each attempt at sobriety as a means of getting closer to your end goal — a lesson in your cumulative recovery learning, so to speak — this setback won't be in vain.

Thank you so much for your kind words! They warm my heart!

Indeed I have already learnt a lot from that day,

?I now took upon myself new boundaries in a few areas of my struggle which will hopefully keep me further away from the nisayon.

I'm now CONTINUING to count from day 1.

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Re: Desperate for chizuk!!!

Posted by true\_self - 11 May 2023 20:21

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[Grant400 wrote on 10 May 2023 20:32:](#)

Welcome.

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What about you? Who are you?

Don't be a stranger and share your story, and the oilam here can help you go places.

I will share my story in the near future bli neder.

I just didn't yet gather enough courage to write my story publicly but I will do it very soon iy"h & wont be a stranger anymore

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Re: Desperate for chizuk!!!

Posted by Grant400 - 11 May 2023 20:32

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[true\\_self wrote on 11 May 2023 20:21:](#)

[Grant400 wrote on 10 May 2023 20:32:](#)

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Stay tuned...

Much better.

Regarding above, I'm pretty sure you understand why all your excuses are just that.

Take the plunge to change your life. It's definitely scary in the beginning, but it's worth it.

Looking forward to hearing from you!

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Re: Desperate for chizuk!!!

Posted by monseyyid41 - 14 May 2023 14:56

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Hi and welcome. It took me some time to share my story as well, but once I did, I discovered a whole new world of friends that are here for me, and able to keep me strong. Please don't feel pressured to share until you're ready to, but understand that once you do, it will shift you into another gear. Looking forward to hearing your story, and getting to know you. All the best.

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Re: Desperate for chizuk!!!

Posted by true\_self - 17 May 2023 09:40

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Thank you so much monseyyid for your advice, I appreciate it.

I know that a whole new world of support is about to open up for me when I'll post my story & I'm looking forward for the day I'll actually do it,

Thanks for your encouragement!

All the best!

True self

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Re: Desperate for chizuk!!!

Posted by true\_self - 19 May 2023 17:20

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Hi everyone!

This shabbos its going to be 2 month since I've joined GYE, I the most wonderful and amazing community I have ever joined!!!

In these past to month I have grown more than any other time in my life, I have made many good and encouraging friend here.

Thank you for all of you who help me and keep me going!!!

And thank you to the people that make GYE exist!

Looking forward to continue my journey here and open up about my story on the forum soon  
beH

Gut shabbos

True self

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Re: Desperate for chizuk!!!

Posted by true\_self - 28 May 2023 23:25

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[Grant400 wrote on 11 May 2023 20:32:](#)

[true\\_self wrote on 11 May 2023 20:21:](#)

[Grant400 wrote on 10 May 2023 20:32:](#)

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Much better.

Regarding above, I'm pretty sure you understand why all your excuses are just that.

Take the plunge to change your life. It's definitely scary in the beginning, but it's worth it.

Looking forward to hearing from you!

I'm glad to announce that I Have finally posted on my own thread about myself, check it out

[guardyoureyes.com/forum/19-Introduce-Yourself/396276-From-two-identities-to-True-self#396276](https://guardyoureyes.com/forum/19-Introduce-Yourself/396276-From-two-identities-to-True-self#396276)

Comments and feedback are welcome there

Thanks Grant for the extra push!

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